

## UNIVERSITY OF VICTORIA NEWSLETTER

Vol. 3 No. 17 Mar. 1

### SHAPING UP

Provincial politicians are being given the chance to discover just what sort of shape they are in.

Cabinet members are the first to have their physical well-being scrutinized by a group composed of UVic's fitness testing team under Dr. Martin Collis (Education) along with two Vancouver physicians specializing in preventive medicine (Dr. Dave Chisholm and Dr. Linton Kulak), provincial government nutritionist Pat Wolczuk and George Alliston of the YMCA.

First candidates for a thorough check-up were Premier Dave Barrett and Agriculture Minister David Stupich. Others will be showing up at the Occupational Health Services office in the Douglas Building at regular intervals throughout the coming months.

As in any medical examination the findings are confidential, but Health Minister Dennis Cocke who proposed the testing series is hoping the improvements it inspires will set a public example.

Dr. Collis sees the program as a sign of fitter things to come. "I think B.C. is the first area in Canada that is really becoming involved with government support in preventive medicine," he said. "And fitness is part of preventive medicine."

The government's concern is partially in response to what Dr. Collis described as "an epidemic of coronary heart disease."

"Half the population dies of cardiovascular related complaints," he explained. "But we are pouring money down a rat hole by spending it on more elaborate surgical and intensive care facilities."

Keeping fit is the best insurance against coronary disease, Dr. Collis said, "but the medical system unfortunately is disease-oriented. Very few medical schools know anything about exercise."

Dr. Collis is one of 14 members of a Multi-Disciplinary Advisory Board on Exercise Testing and Prescription supported by the Provincial Department of



*The personal fitness level of Premier Dave Barrett is determined by Dr. Martin Collis, head of the UVic fitness testing team. The Premier was the first to participate in the series of complete medical check-ups which will be given to Cabinet members throughout the coming months.*



Health. The Board was founded last fall "to look at the whole spectrum of exercise and fitness testing and to consider exercise as part of preventive medicine."

Meanwhile, the smaller group—for which Dr. Collis and UVic student technicians Frank Costello and Ross McKay serve as the fitness testing team—has already put its ear to the pulses of top civil servants.

"The cabinet ministers are being given complete check ups of which fitness testing is a part," Dr. Collis said.

A battery of tests dealing with blood chemistry and heart, lung and sensory functions is followed by counselling sessions by the doctors, nutritionist and fitness experts.

For most people, Dr. Collis predicts, the results of such testing would be a prescription for a change of lifestyle.

"But," he noted "there is nothing to stop people in Victoria from exercising."



Public consciousness of the need for exercise may soon be elevated through the efforts of Action B.C., a group which evolved from the B.C. Conference on Physical Activity last November.

In an attempt to encourage more people to exercise, Action B.C. is hoping to develop techniques which can be used in the home to assess one's level of fitness.

Dr. Collis also anticipates an expanding role of Physical Education graduates in the field of preventive medicine.

"Doctors won't have time for preventive medicine, and I can foresee that physical education students will go into adult fitness programs where exercise is used as part of preventive medicine.

"Phys. Ed. graduates and physicians will be working as a team."

### "ANTI-PSYCHIATRIST" SPEAKS

The "anti-psychiatrist" of the New Left Dr. R.D. Laing, will speak at the Newcombe Auditorium in Victoria Sunday, March 3 at 8:30 p.m.

Dr. Laing's talk is co-sponsored by the Victoria Art Gallery and the UVic Faculty of Fine Arts. Tickets are available only at the Art Gallery.

Dr. Laing, a revolutionary Scottish physician, has by means of "altered consciousness" explored the state of mind called schizophrenia and returned to tell the tale in transcendental terms.

Dr. Laing's work and thought has undergone considerable change in the years between the publication of his clinical study "The Divided Self" (1960) and the issuing of "The Politics of Experience" (1967) and "Knots" (1970), but his fundamental message remains "breakdown may be breakthrough."

He holds that madness is, in a profound sense, a sane response to an insane world, and that its most baffling form, so-called schizophrenia, is a therapeutic and perhaps even enriching journey through "inner space" to the source of transcendental values.

Dr. Laing is the founder of the London-based Philadelphia Association, an organization fostering the growth of communes where the "mad" may take their harrowing, healing "trips" without the usual doctor-patient relationship.



### NOBEL PRIZE WINNER TO LECTURE

Simply the name of the speaker provides some indication of his achievements: Gerhard Herzberg, C.C., M.A., Dr. Ing., D.Sc., LL.D. Fil. Hed. Dr., F.R.S.C., F.R.S., Distinguished Research Scientist, National Research Council of Canada.

Few people would be more qualified to speak on "Science and Society", the topic of Dr. Herzberg's public address Thursday, March 7 at 12:30 p.m. in MacLaurin 144. The talk is sponsored by the University Lectures Committee and the Department of Chemistry.

Dr. Herzberg is generally considered to be the world's foremost molecular spectroscopist, and his large institute in Ottawa is the undisputed centre for such research.

Dr. Herzberg's elegant experimental investigations combined with his theoretical insight into their interpretation contributed to the progress of quantum mechanics while being decisive for the rapid development of molecular spectroscopy.

Dr. Herzberg began as a physicist, and his first contributions to molecular spectroscopy were published at the end of the 1920's. He then moved into the field of chemistry where he pioneered investiga-

tions of free radicals. The knowledge of their properties is of fundamental importance to the understanding of how chemical reactions proceed.

In 1971 King Gustav Adolf of Sweden presented Dr. Herzberg with the Nobel Prize in chemistry for his "contribution to the knowledge of electronic structure and geometry of molecules, particularly free radicals."

Throughout his distinguished career, Dr. Herzberg has received more than 30 medals and other awards including the Linus Pauling Medal of the American Chemical Society, the Royal Medal of the Royal Society of London and the title of Companion of the Order of Canada.

Dr. Herzberg came to Canada in 1935 and spent the period from 1935 to 1945 as a lecturer at the University of Saskatchewan. He then spent three years at the Yerkes Observatory of the University of Chicago before going to the National Research Council. In 1969 at the age of 65, Dr. Herzberg became the Council's first Distinguished Research Scientist and has continued an active program of research at the NRC.



In 1970 the Canadian Association of Physicists accorded him a special honor by starting the Herzberg medal, to be given for high achievement in physics to a Canadian scientist who is not more than 38 years of age in the year of the award.

A number of UVic faculty members have had the privilege of associating with Dr. Herzberg.

Dr. Walter Balfour (Chemistry) was associated with Dr. Herzberg as a post doctoral fellow from 1967 to 1969 and Dr. Jeremy Tatum (Physics) was a visitor in 1964, both at the National Research Council laboratory in Ottawa.

Among the former students of Dr. Herzberg at the University of Saskatchewan are Dr. John Climenhaga (Physics) and Dr. Wilma Elias (Chemistry).



## COUNSELLING CONFERENCE

The UVic Counselling Centre and the Counsellor Education Division of the Faculty of Education are offering a Participative Conference for School Counsellors on campus March 8 and 9.

The sessions, to be held in the Gold Room of the Commons Block and in the Clearihue Building will begin at 10 a.m.

Friday and end at 12:30 p.m. Saturday.

Theme of the conference is "Counselling in the Schools: Relevance and Competence". The format will be a number of simultaneous Mini-Workshops which will be presented three times.

Each Mini-Workshop will have one or two resource persons and five to seven participating counsellors. The resource persons for a given workshop topic have written a rationale for the topic and outlined an illustrative case or problem. These have been mailed to participants well in advance of the conference.

Each participant will select four different sessions he wishes to attend and come prepared to present a case of his own or raise problems and questions in each of his four workshops.

It is anticipated that seven or eight workshops will be conducted, limiting total enrolment to about 50 counsellors.

Topics to be discussed in the Mini-Workshops include Dealing with Anxiety and Stress, Counselling for Special Learning Problems, Creative Helping, Vocational Career Counselling, Programs for Family Life Counselling and Gestalt "Here and Now" in Counselling.

Director of the UVic Counselling Centre Horace D. Beach will deliver the opening address on "The Case Conference as an Instrument for Successful Counselling."

Further enquiries regarding the conference should be directed to Dr. Beach.

## ENGLISH SPEAKERS

Two highly distinguished speakers will be brought to UVic by the Department of English this month.

R.J. Schoeck, Director of the Folger Shakespeare Library, Washington, D.C., will speak on "The Future of the Past" Monday, March 4, in MacLaurin 144 at 12:30 p.m.

His second talk on "Problems in Reading More's *Utopia*: A Case for Historical and Contextual Criticism," will be March 5 in Cornett 122 at 12:30 p.m.

On Friday, March 8, Malcolm Muggeridge will speak on "Abortion, Euthanasia, and Then What?" in Elliott 167 at 12:30 p.m.

## EUROPEAN FELLOWSHIP

UVic Faculty members are invited to apply for a European Research Fellowship being

offered by The British Academy.

The fellowship is in the humanities or social sciences for the year 1974-75.

Valued at 3,000 it is tenable for twelve months in any continental European country.

British subjects or residents under 30 years of age on October 1, 1974, who will have graduated by that date are eligible to apply.

Applications should be submitted by March 3, 1974. Forms and further information are available from the Secretary, The British Academy, Burlington House, Piccadilly, London U.K. W1V 0NS.

## UVIC ART SELECTION

Artwork by UVic students will be hung at the Victoria Art Gallery this month in a showing simultaneous with the Annual Vancouver Island Jury Exhibition.

The UVic contribution will be a selection of quality representative works from second to fourth year students and will be on display from March 5 to 31.

The Jury Exhibition is sponsored jointly by the Gallery and Open Space.

From the entries a two man jury will be asked to select some fifty to sixty works to be hung at the Gallery and the remaining entries will be shown at Open Space.

The show is open to all painters, sculptors and printmakers living on Vancouver Island and the Gulf Islands.

## Faculty News

### CHEMISTRY

Dr. G. Rayner Canham, Visiting Assistant Professor, Chemistry Department is now writing a regular column for the journal "Canadian Chemical Education". It is a review of significant advances in chemistry and of items of interest in chemical education. The column is mainly aimed at teachers of chemistry who are out of contact with the current chemical scene.

### PHYSICS

The eleventh annual Western Regional Nuclear Conference was hosted by the Physics Department on February 22 and 23. Highlights of the conference were nine invited and twenty-six contributed papers presented by representatives of the western Canadian universities and speakers from as far south as Texas, and a display of commercial electronic equipment.



## GRADUATE STUDIES

Dean S.A. Jennings and Dr. R.H. Roy will attend meetings of the Canadian Association of Graduate Schools and the Western Association of Graduate Schools in early March.

Deans, Associate Deans and Assistant Deans of the western section of the CAGS will meet at the Empress Hotel March 2 and 3. Immediately thereafter, on March 4 and 5, they will attend the meetings of the approximately 125 members of WAGS.

Among the topics to be discussed at the WAGS meeting will be masters degree programs, The Intercultural Challenge and The Extended University in An Era of Continuity and Change.

## Coming Events

### FRIDAY, March 1

12:30 pm Music at Noon. MacLaurin 144. University of Victoria Jazz Band, Jeff Reynolds, director; selections to include arrangements by Thad Jones, Neal Hefti, and Bill Holman.

12:30 pm Lecture, Department of French Language and Literature and the University Lectures Committee. MacLaurin 109. Professor G.W. Ireland will lecture on André Gide—Pourquoi Pastoral?

3:30 pm Lecture, Department of Psychology. Cornett 170. Dr. Harry Osser, California State University, San Francisco will talk on "Sex and Social Differences in Language Development".

### SATURDAY, March 2

1:00 pm Rugby. MacDonald Park. Norsemen vs JBAA.

2:00 pm Rugby. McKechnie Cup.

2:45 pm Women's Field Hockey. Henderson Park. Vikettes vs Sandpipers.

7:00 pm Cinecenta films. MacLaurin 144. Luchino Visconti's "Death in Venice". Students and Faculty—\$.75; General Public—\$1.25.

8:00 pm Casino Night, sponsored by UVic Rugby Club. Student Union Building. Semi-formal dress requested.

9:15 pm Cinecenta films. MacLaurin 144. Luchino Visconti's "Death in Venice". Students and Faculty—\$.75; General Public—\$1.25.

### SUNDAY, March 3

2:30 pm Rugby. Gordon Head. Nanaimo vs Saxons.

4:00 pm Final Faculty Chamber Recital Series. MacLaurin 144. Stravinsky's L'Histoire du Soldat. Admission—\$1.00

### MONDAY, March 4

12:30 pm Lecture, Department of English. MacLaurin 144. R.J. Schoeck, Director of the Folger Shakespeare Library, Washington, D.C., will speak on "The Future of the Past".

4:00 pm Lecture, Department of Biology. Cunningham 1018. Dr. S.K. Malhotra, University of Alberta will speak on "Recent Studies of Cellular Membranes".

8:00 pm Lecture, Institution of Public Administration of Canada. Elliott 168. The Honourable Lord Redcliffe-Maud will speak on "The Politics of Local Government Progress".

### TUESDAY, March 5

12:30 pm Lecture, Department of English. Cornett 122. R.J. Schoeck, Director of the Folger Shakespeare Library, Washington, D.C. The topic for his second lecture is "Problems in Reading More's Utopia: A Case for Historical and Contextual Criticism".

4:30 pm Music. MacLaurin 144. Faculty Recital: Naomi Rowley, harpsichord.

7:30 pm Lecture, Department of Bacteriology and Biochemistry. Lansdowne 117. "Neural Control of Salivary Secretion in the Rat", Professor T.J. Harrop, Head, Department of Restorative Dentistry, University of British Columbia.

7:30 pm CUPE WORKSHOP. Cornett 108.

8:00 pm Faculty and Staff Badminton. Gymnasium.

### WEDNESDAY, March 6

8:00 pm Music. MacLaurin 144. Rebecca Wong, piano, degree recital in partial fulfilment of the requirements for the Master of Music degree.

### THURSDAY, March 7

12:30 pm Lecture, University Lectures Committee and Department of Chemistry. MacLaurin 144. Gerhard Herzberg will speak on "Science and Society".

## Next Deadline

Friday, One week before publication

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9:40 pm Cinecenta films. MacLaurin 144. Caspar Wrede's "One Day in the Life of Ivan Denisovich". Students and Faculty—\$1.00.

### FRIDAY, March 8

12:30 pm Lecture, Department of English. Elliott 167. Malcolm Muggeridge will speak on "Abortion, Euthanasia, and Then What?"

3:30 pm Lecture, Department of Psychology. Cornett 170. Dr. Chuck Tolman, University of Victoria, will talk on "Political Dimensions of Psychological Theory".

8:00 pm Music. MacLaurin 144. Paul Nasmith, bassoon, degree recital in partial fulfilment of the requirements for the Bachelor of Music degree.

### SATURDAY, March 9

#### OPEN HOUSE AT THE UNIVERSITY OF VICTORIA

1:00 pm Rugby. Eugene, Oregon. Norsemen vs U. of Oregon.

1:00 pm Women's Field Hockey. UVic. Vagabonds vs Esquimalt.

1:00 pm Women's Field Hockey. Windsor Park. Vikettes vs Oak Bay.

2:30 pm Rugby. Eugene, Oregon. Vikings vs U. of Oregon.

7:00 pm Cinecenta films. MacLaurin 144. METROPOLIS and LA JETTEE. Students and Faculty—\$.75; General Public—\$1.25.

9:15 pm Cinecenta films. MacLaurin 144. METROPOLIS and LA JETTEE. Students and Faculty—\$.75; General Public—\$1.25.

### SUNDAY, March 10

#### OPEN HOUSE AT THE UNIVERSITY OF VICTORIA

2:15 pm Soccer. Centennial Stadium. UVic vs London Boxing.

2:30 pm Rugby. Corvallis. Vikings vs Oregon State University.

AROUND THE RING  
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